



# Heartspring

# Interactive Metronome

## Pediatric Services

## Occupational and Speech Therapy

### **What is Interactive Metronome (IM)?**

IM is an evidence-based assessment and training tool that is used to improve timing, rhythm, and synchronization in the brain. IM trains the brain and body to work better together.

IM provides a structured, goal-oriented program that challenges children to synchronize a range of whole body exercises to a precise computer-generated beat. Children attempt to match the rhythmic beat with repetitive motor movements. IM's game-like features engage children with auditory and visual guidance while encouraging them to improve their scores.

### **What are the benefits of IM?**

Timing in the brain is critical for attention, processing speed, speech and language, academic skills, and coordination.

**We accept Medicaid and most commercial insurance. Financial assistance is available to those who qualify. For additional information, please call 316-634-8710.**

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